

KU FIT SCHEDULE *Fall 2019*

AUGUST 26 - DECEMBER 12

S	M	T	W	T	F	S
	6:30-7:30AM SUNRISE YOGA Rachel F.	7:15-8:15AM MORNING YOGA FLOW Sydney W.	6:30-7:30AM MORNING YOGA FLOW Sydney W.	8:30-9:30AM STRONG YOGA FLOW Tia C.		9:45-10:45AM POUND Mariah S.
	8:00-8:45AM HIIT Mariah S.	11:15AM-12:00PM KICKBOXING Kelcie M.				11:00-11:45AM ZUMBA Rose M.
	12:00-12:45PM BODY PUMP XPRESS Emma H.	12:10-12:50PM HIIT Chaise S.	12:00-12:45PM BODY PUMP XPRESS Emma H.	12:00-12:45PM BOX AND BURN Chaise S.	12:00-12:45PM KICKBOXING Kelcie M.	12:00-12:45PM KICKBOXING Chaise S.
		4:00-5:00PM HIIT/TRX Mariah S.	3:30-4:30PM POUND Sydney W.	4:00-4:45PM HIIT Mariah S.		1:00-2:00PM BODY PUMP Joan K.
	5:00-5:45PM HIIT Chaise S.	5:45-6:45PM BODY PUMP Kelcie M.	5:45PM-6:30PM TABATA Katy H.	5:45-6:45PM BODY PUMP Kelcie M.		
6:30-7:30PM CYCLE + CORE Madison K.	6:00-6:45PM CYCLE XPRESS Joan K.	6:30-7:30PM CYCLE + CORE Madison K.	6:45-7:30PM TOTAL BODY ABSolution Katy H.	6:00-6:45PM CYCLE XPRESS Joan K.		
7:00-7:45PM ZUMBA Mikayla B.	6:30-7:30PM BODY PUMP Kelcie M.	8:00-8:45PM ZUMBA Mikayla B.				
8:00-8:45PM DANCE PARTY Megan S.	8:00-8:45PM ZUMBA Mikayla B.	9:00-10:00PM DANCE PARTY Megan S.		8:00-8:45PM ZUMBA Mikayla B.		

KU FIT PASSES

- \$3** One Class Pass
- \$25** 1/2 Semester Pass
- \$50** Full Semester Pass

KU Fit Passes can be purchased in the Admin Office #103, at the Welcome Desk after Admin Office hours at the ASRFC or online at recstore.ku.edu

KU ID or ID number is required.

FREE CLASSES
Aug. 26-Sept. 1
Dec. 16-19

NO CLASSES
Sept. 02 (Labor Day)
Oct. 12-15th (Fall Break)
Nov. 27-29th (Thanksgiving)
Dec. 13-15

CARDIO

CYCLE XPRESS

The classic ride: 45 minutes on the bike paired with your favorite tunes to fuel your ride. Class limited to 15.

ZUMBA™

You've heard the buzz... Check out Zumba! A Zumba certified instructor will lead you through a fusion of Latin, international, and pop music, paired with hot dance movements for lots of fun and fitness.

DANCE PARTY

This dance class plays all the latest hits while you learn some great moves. Once you've got the dances down, you will feel like you're a part of a music group.

+ CORE

A 15-minute addition to your favorite classes targeting the center of the body. Build foundational strength and stability in the abs, lower back, and glutes.

MIND/BODY

MORNING YOGA FLOW

A fun and slower paced vinyasa flow class. Focused on building strength of different parts of the body, endurance, flexibility, and mindfulness. Linking postures to breath.

SUNRISE YOGA

A morning yoga practice can be an exhilarating challenge that sets your day for success both mentally and physically! This early morning, flow-based practice is suitable for all levels, with many modifications to put the intensity in your hands, depending on how you feel that morning. Come take the challenge to rise and shine.

STRONG YOGA FLOW

Take an hour out of your crazy day to quiet your mind and strengthen your body. Strong Yoga combines strength, balance and flexibility in an energetic flow. All levels welcome.

STRENGTH

TOTAL BODY ABSOLUTION

Strength Training for your whole body with a specific focus on abs. Class will incorporate circuits, intervals, and body weights movements.

BODY PUMP™

The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Class limited to 39.

BODY PUMP XPRESS™

The perfect 45-minute class for anyone who's short on time but is still looking to get all the benefits of the entire fitness class.

STRENGTH/CARDIO

POUND

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

HIIT

Are you ready to take your level of fitness to a new high? High Intensity Interval Training alternates short periods of high intensity exercise intervals with periods of lower intensity training. HIIT classes incorporate plyometric drills, resistance and core training to get and keep your heart rate up for an effective and efficient workout!

+ TRX

TRX suspension training uses straps, gravity and body weight to increase your strength, balance, flexibility and core stability.

KICKBOXING

Perform combos, drills, and non-contact sparring while shadow boxing and using mitts in a light, controlled manner. Training isn't only in the ring, you will also split your time between building strength using weights, improving agility, and increasing cardiovascular endurance. Float like a butterfly, sting like a bee!

TABATA

A full body, high intensity interval class designed to get your heart rate up in that very hard anaerobic zone for 20 seconds at a time. You can do anything for 20 seconds!

BOX AND BURN

In this 45-minute non-contact class, we combine basic boxing and kickboxing techniques with full-body exercises to provide a fast-paced, explosive total-body workout. All classes will include a brief overview and group practice of techniques that will be used in the workout, and all levels of experience are welcome!